

1 Pray a ritual 'return to God' 3 times a day:

**I love you, I praise you
I worship and adore you
You are the sun I am the planet
You are the shepherd I am the sheep
I offer myself up to you
I open my heart to you**

These returns can happen anywhere and do not need to 'stop' the day; however, one of them should be done at a quiet time of the day. At that time, you read the daily Gospel.

2 Once a week, re-read all the Gospels of the week. This is done at a quiet time ideally lasting 30 minutes. A beginner builds up to this. Begin the quiet time with the same ritual 'return to God'. Re-read the Gospels and then sit for 30 minutes in God's presence. The quiet time is simply that – quietly listening to God.

3 For total beginners, you may want to try this type of prayer once a week, concentrating upon the Gospel for the Sunday coming (see back page). You can then build up to a daily routine, as outlined in 1 and 2.

4 At the end of the quiet time, ask yourself:

**What, Lord, are you saying to my heart?
What is my response?
What in particular should I remember?**

After each question, listen, and write a response in your journal. Whatever you hear, even nothing, say 'Thank you'.

Sundays in April 2013

- 7 *Easter II*
Exodus 14:10-end; Acts 5:27-32;
John 20:19-end
- 14 *Easter III*
Zephaniah 3:14-end; Acts 9:1-6;
John 21:1-19
- 21 *Easter IV*
Genesis 7:1-5,11-18,8:6-18,9:8-13;
Acts 9:36-end; John 10:22-30
- 28 *Easter V*
Genesis 22:1-18; Acts 11:1-18;
John 13:31-35

Sundays in May 2013

- 5 *Easter VI*
Ezekiel 37:1-14; Acts 16:9-15;
John 5:1-9
- 12 *Easter VII*
Ezekiel 36:24-28; Acts 16:16-34;
John 17:20-end
- 19 *Pentecost*
Genesis 11:1-9; Acts 2:1-21;
John 14:8-17,25-27
- 26 *Trinity Sunday*
Proverbs 8:1-4,22-31;
Romans 5:1-5; John 16:12-15

Sundays in June 2013

- 2 *Trinity I*
1 Kings 8:22-23,41-43; Galatians 1:1-12;
Luke 7:1-10
- 9 *Trinity II*
1 Kings 17:17-end; Galatians 1:11-end;
Luke 7:11-17
- 16 *Trinity III*
2 Samuel 11:26-12:10;
Galatians 2:15-end; Luke 7:36-8:3
- 23 *Trinity IV*
Isaiah 65:1-9; Galatians 3:23-end;
Luke 8:26-39
- 30 *Trinity V*
1 Kings 19:5-16,19-end;
Galatians 5:1,13-25; Luke 9:51-end

Prayer Journaling Bible Study

April-June 2013



For this prayer time you need:

- a Bible
- the list of daily Gospel readings
- a notebook journal and pen
- an object of focus, eg a candle
- an open heart and mind

Daily Gospel Readings

May 2013

April 2013

1	Monday	Matthew 28:8-15
2	Tuesday	John 20:11-18
3	Wednesday	Luke 24:13-35
4	Thursday	Luke 24:35-48
5	Friday	John 21:1-14
6	Saturday	Mark 16:9-15
7	Sunday	John 20:19-end
8	Monday	Luke 1:26-38
9	Tuesday	John 3:7-15
10	Wednesday	John 3:16-21
11	Thursday	John 3:31-end
12	Friday	John 6:1-15
13	Saturday	John 6:16-21
14	Sunday	John 21:1-19
15	Monday	John 6:22-29
16	Tuesday	John 6:30-35
17	Wednesday	John 6:35-40
18	Thursday	John 6:44-51
19	Friday	John 6:52-59
20	Saturday	John 6:60-69
21	Sunday	John 10:22-30
22	Monday	John 10:1-10 (11-18)
23	Tuesday	John 15:18-21
24	Wednesday	John 12:44-end
25	Thursday	Mark 13:5-13
26	Friday	John 14:1-6
27	Saturday	John 14:7-14
28	Sunday	John 13:31-35
29	Monday	John 14:21-26
30	Tuesday	John 14:27-end

1	Wednesday	John 14:1-14
2	Thursday	John 15:9-11
3	Friday	John 15:12-17
4	Saturday	John 15:18-21
5	Sunday	John 5:1-9
6	Monday	John 15:26-16:4
7	Tuesday	John 16:5-11
8	Wednesday	John 16:12-15
9	Thursday	Luke 24:44-end
10	Friday	John 16:20-23
11	Saturday	John 16:23-28
12	Sunday	John 17:20-end
13	Monday	John 16:29-end
14	Tuesday	John 15:9-17
15	Wednesday	John 17:11-19
16	Thursday	John 17:20-end
17	Friday	John 21:15-19
18	Saturday	John 21:20-end
19	Sunday	John 14:8-17,25-27
20	Monday	Mark 9:14-29
21	Tuesday	Mark 9:30-37
22	Wednesday	Mark 9:38-40
23	Thursday	Mark 9:41-end
24	Friday	Mark 10:1-12
25	Saturday	Mark 10:13-16
26	Sunday	John 16:12-15
27	Monday	Mark 10:17-27
28	Tuesday	Mark 10:28-31
29	Wednesday	Mark 10:32-45
30	Thursday	John 6:51-58
31	Friday	Luke 1:39-56

June 2013

1	Saturday	Mark 11:27-end
2	Sunday	Luke 7:1-10
3	Monday	Mark 12:1-12
4	Tuesday	Mark 12:13-17
5	Wednesday	Mark 12:18-27
6	Thursday	Mark 12:28-34
7	Friday	Mark 12:35-37
8	Saturday	Mark 12:38-end
9	Sunday	Luke 7:11-17
10	Monday	Matthew 5:1-12
11	Tuesday	Matthew 15:12-17
12	Wednesday	Matthew 5:17-19
13	Thursday	Matthew 5:20-26
14	Friday	Matthew 5:27-32
15	Saturday	Matthew 5:33-37
16	Sunday	Luke 7:36-8:3
17	Monday	Matthew 5:38-42
18	Tuesday	Matthew 5:43-end
19	Wednesday	Matthew 6:1-6,16-18
20	Thursday	Matthew 6:7-15
21	Friday	Matthew 6:19-23
22	Saturday	Matthew 6:24-end
23	Sunday	Luke 8:26-39
24	Monday	Luke 1:57-66,80
25	Tuesday	Matthew 7:6,12-14
26	Wednesday	Matthew 7:15-20
27	Thursday	Matthew 7:21-end
28	Friday	Matthew 8:1-4
29	Saturday	Matthew 16:13-19
30	Sunday	Luke 9:51-end